

SUMMER SOLSTICE WELLBEING RETREAT

SUNDAY 21ST JUNE 2.30PM-6PM
ST MARY'S HANDBRIDGE CENTRE



Balancing Fire with Flow

Movement & Enerchi

*Ground, Embrace and Enjoy
Balancing the Energies of Summer
with various Movement and Stillness
Practices*

*Freeform Somatics Yoga
Qi Gong for the Heart Practice
Nature Journaling & Mindfulness
Chinese Five Element Oracle Cards
Meditation / Breathwork
Enerchi Dance - Dj Set*

*A Cacao Ritual & SoundBath Journey in
collaboration with Amy from Sacred
Vibrance*

Includes Refreshing Drinks and Nibbles

*Contact Lee to Book
07723 357 792
lee@broad-minded.com
www.movementandenerchi.com*

**EARLY BIRD OFFER
£55 PAYMENT
BEFORE 30TH APRIL
£65 AFTERWARDS**